

Two thousand seventeen

The theme of the final qualification (diploma) work: "the Effectiveness of impact studies of recreation and Wellness focus on functional status, and sports interests of students."

ABSTRACT

The diploma work consists of introduction, two chapters, conclusion, bibliography that contains 61 references, annexes, 4 figures and 11 tables.

Theoretical analysis of scientific methodological literature suggests that to solve the problem of comprehensive development of the personality of the child is important and promising is the organization of classes, recreation and fitness orientation. However, the issues of formation of recreational physical culture of schoolchildren in the modern literature are not sufficiently practical ways, means and methods of its formation are not active, not selected from the mass of other methods and techniques. Thus, there is a contradiction between the need to promote and preserve the health of students by means of physical culture, while learning them in school, on the one hand, and on the other - the lack of health formative technology for their physical education. The above allows to conclude that the prevailing social conditions and prerequisites determine the relevance of the topic.

In the introduction substantiates the relevance of the chosen topic, formulates the goal and objectives of the study, specifies the object and subject of research.

The first Chapter is devoted to theoretical analysis of the formation of physical recreation at the school, discusses the athletic and sporting interests of the students. The second Chapter presents a study of the performance of the recreational orientation and their impact on functional status, and sports interests of the students.

Conclusion contains the main conclusions and proposals aimed at improving the training efficiency of the recreational orientation and their impact on functional status, and sports interests of the students.

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Orientation (profile): the Recreational activity

Qualifications: Bachelor

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